



*“When you are strongly acting
on what you know to be your
correct path, that is virya”*

Virya yoga is the practice that combines dynamic sequences with healthy biomechanics and buddhist philosophy.

Virya
yoga

Go virya!

🌀 In systematically composed yoga series you will discover a fun and challenging way to practice yoga while nourishing your mind with positive, philosophical thoughts based on Buddhism and tantra.

🌀 About 600 different asanas are presented within these ready-made series, with options for every pose so that you never go beyond your limitations, thereby minimizing any risk of injury.

🌀 Virya yoga has been developed in co-operation with dance- and sports osteopaths, so each asana is seamlessly linked to the previous one, keeping your practice as healthy, strengthening, and safe as possible.



Methodical and light-hearted, Virya yoga will guide you on the path of self-discovery to newfound greatness, strength, and joy within the body and mind.

Find out more about our Yoga Alliance Registered Teacher Training at: www.nordiskyoga.se

For more information about Virya yoga, visit our website: www.viryayoga.com

Virya
yoga



Nordiska
Yogainstitutet